

WELLNESS CARE PACKAGE

February 2023



*Programs are open to all, regardless of insurance, unless otherwise noted**

Living Healthy Rewards*



The process for earning rewards points* is the same, but you have a few new ways to earn your points in 2023.

- **Track 10K steps daily**
- **Track sleep daily**
- **Find a healthy recipe**
- **Log in to WebMD** (3 points per week)
- **Complete an activity from the [Wellness Page](#)** (*Book Club, Learning Loft, Move with a Doc, Nicotine Cessation, REAL Goals, or Wellness Webinars*)
- **Complete a [Preventive Health Toolkit](#)**
Self-guided activities that highlight national observances and seasonal health topics.
- **Engage in environmental wellness**
Some ways to enjoy time outside while protecting the environment include:
 - Participate in a park clean-up event
 - Plant a tree or garden
 - Ride your bike to work or the store
 - Bring your own water bottle or coffee mug
 - Pick up garbage while on a walk
- **Engage in your community**
Volunteer, show gratitude or explore a park.
 - [Find a volunteer match](#).
 - Send a thank you note, check in with someone, pay it forward, or do other acts of gratitude.
 - Explore your local or county parks, or find a [State Park near you](#).

Visit your [member portal](#) to sign in to Living Healthy*. For login help, sign up for [1:1 virtual assistance](#).

Explore all Health & Wellness programs at wellfirsthealth.com/wellness

American Heart Month

Heart disease is the leading cause of death in Americans. You can help lower your risk for heart disease with healthy lifestyle habits and maintaining blood pressure, cholesterol, and glucose levels. Show your support and raise awareness for heart health by participating in these heart-focused events in February:

- Wear Red Day on Fri. Feb. 3
- [Move with a Doc: Understanding Cholesterol](#) on Tue. Feb. 14 at noon
- [Heart Health Month Toolkit](#)



Eating Healthy Made Simple

Check out the new [Nutrition Page](#) for access to WebMD resources, a monthly newsletter, and nutrition consults with a registered dietician*. You're unique, so your nutrition should be, too. With personalized nutrition guidance, you can make building healthy habits easy.

Get Started with Google Docs

Join us for [Learning Loft](#) on Thu. Feb. 23 at noon to explore the cloud-based and collaborative world of Google Docs. Our Google-trained instructor will cover the basics and provide tips and tricks along the way. This easy-to-learn tool will have you collaborating with ease in no time!